

Better you.

<u>BetterHealth Worksite Program FY13 Progress Report (July 1 – December 31, 2012)</u>

Introduction - The purpose of this report is to demonstrate initial progress toward the mission, goals, and objectives outlined in the BetterHealth Worksite Program Strategic Plan 2012-2017. Wellness Committee members facilitated the progress, and they are identified in Appendix A.

Mission - Reduce chronic conditions associated with tobacco use, physical activity, and nutrition.

Goals

- 1. Prevent, detect, and reduce modifiable risk factors for diabetes, heart disease, stroke, cancer, lower respiratory diseases, and arthritis
- 2. Create a healthy worksite culture
- 3. Build wide support and collaboration
- 4. Evaluate and continuously improve initiatives

Objectives – 27 objectives plus sub-objectives support the goals. Annual targets are set to significantly and incrementally increase engagement by employees and family members in onsite wellness initiatives, especially health screenings and personal health assessments with feedback and counseling. Some objectives are designed to build organizational capacity in order to effectively implement and manage the program on a much broader scale over the next five years.

Actions Taken – Major initiatives included the 12-week Nuvita fitness challenge in 2012 for 568 employees, 1,821 visits to the new Mobile Health Center in its first year, 1,650 onsite flu shots, 335 health screenings at the annual health fair, 93 onsite mammograms, a new weight management class for 43 employees, development of nutrition guidelines for office celebrations, and numerous wellness committee meetings and presentations to senior leaders and HR Coordinators to build support, solicit input from employees in the field, and improve integration of initiatives.

Results – Among employees who completed the 12-week fitness challenge, 42% improved cardiovascular fitness from unhealthy levels, 20% improved blood pressure and Hemoglobin A1C from unhealthy categories, and 10% lost more than 10 pounds during the program. Table 1 shows that during the 6-month time frame, the BetterHealth program *exceeded* nine targets, *achieved* two targets, met at least 50% of 11 targets, and *made less than 50% progress* on six targets. Objectives 16 and 17 were revised because more is now known about the activity, and Objective 11 was eliminated due to a change in programming. The Wellness Committee will identify solutions, where necessary, to achieve all remaining FY13 targets between January 1 and June 30, 2013.

Kudos to Aviation Department for including fresh fruit and water at their 2012 holiday celebration to maintain health and energy on the job! The healthy items align with the new Guidelines for Healthy Food at Work.

<u>Table 1: Progress Toward FY13 Targets (July 1 – Dec 31, 2012)</u>

	Objective	FY13 Target	FY13 July - Dec 2012	Proportion of FY13 Target Achieved	Comments
1	Number of employees and dependents who completed the personal health assessment (PHA).	500	100	20%	For the first time ever, a PHA station was available to employees at the annual Health Fair.
2	Number of identified employees and dependents actively engaged in any targeted high risk health coaching program associated with the PHA.	100	13	13%	
за	Number of employees and dependents who participated in blood pressure screening at a screening event .	500	278	56%	
3b	Number of employees and dependents who participated in blood pressure screening as part of behavior change program in Objective 7.	500 Nuvita (2012)	568 Nuvita (2012)	114%	Nuvita is evaluated on a calendar year basis, rather than fiscal year, so the target and data reflect data for 2012.
3c	Number of employees and dependents who participated in BMI screening .	500	257	51%	
3d	Number of employees and dependents who participated in waist circumference screening.	200	258	129%	
зе	Number of employees and dependents who participated in body fat screening at a screening event .	150	254	169%	
3f	Number of adult employees and dependents who participated in body fat screening as part of behavior change program in Objective 7 .	500 Nuvita (2012)	568 Nuvita (2012)	114%	
3g	Number of employees and dependents who participated in full lipid panel screening at a screening event .	300	127	42%	

	Objective	FY13 Target	FY13 July - Dec 2012	Proportion of FY13 Target Achieved	Comments
Зh	Number of employees and dependents who participated in fasting blood glucose or hemoglobin A1C screening at a screening event.	300	126	42%	
3i	Number of employees and dependents who participated in hemoglobin A1C screening as part of behavior change program in Objective 7.	500 Nuvita (2012)	568 Nuvita (2012)	114%	
4	Number of employees and dependents who received onsite mammograms .	100	93	93%	
5	Number of employees and dependents who received onsite flu shots.	1700	1650	97%	
6	Number of employees and dependents who attended annual health fair.	1000	1096	110%	
7	Number of employees enrolled in population based behavior change program .	540 Nuvita (2012)	568 Nuvita (2012)	105%	
8	Proportion of employees who completed the population based behavior change program in Objective 7 .	65% Nuvita (2013)	50% Nuvita (2012)	N/A	A target was not set for 2012.
9a	Proportion of employees who completed the population based behavior change program and improved cardiovascular fitness from very low, low, and fair categories.	None	42% Nuvita (2012)	N/A	
9b	Proportion of employees who completed the population based behavior change program and lost more than 10 pounds during the program.	None	10% Nuvita (2012)	N/A	

	Objective	FY13 Target	FY13 July - Dec 2012	Proportion of FY13 Target Achieved	Comments
9c	Proportion of employees who completed the population based behavior change program and improved body fat from very high and high categories.	None	8% Nuvita (2012)	N/A	
9d	Proportion of employees who completed the population based behavior change program and improved blood pressure from the mild, moderate, high normal, and severe categories.	None	20% Nuvita (2012)	N/A	
9e	Proportion of employees who completed the population based behavior change program and improved A1C levels from the 85%, 400%, and 1600% higher risk categories.	None	20% Nuvita (2012)	N/A	
10	Number of employees and dependents who enrolled in tobacco quit line program.	25	20	80%	
11	Number of employees and dependents who completed WebMD web-based wellness courses in FY12.				Objective #11 was deleted because the WebMD Digital Health Coaching program replaced the online wellness courses.
12	Number of new onsite and web-based behavior change <u>programs</u> implemented.	1	1	100%	Presbyterian Healthy Advantage provided the <i>Weigh to Wellness</i> class • 43 employees enrolled and participated in blood pressure, BMI, body fat, and waist circumference pre screenings. • 21 employees post screened • 49% completion rate
13a	Number of identified employees and dependents actively engaged in diabetes management program .	10	10	100%	

	Objective	FY13 Target	FY13 July - Dec 2012	Proportion of FY13 Target Achieved	Comments
13b	Number of identified employees and dependents actively engaged in coronary heart disease management program .	4	2	50%	
13c	Number of identified employees and dependents actively engaged in disease management programs for other conditions .	8	4	50%	Three of the four participants are engaged in a new weight loss program started in December 2012 in collaboration with the Mobile Health Center.
14	Number of employees and dependents who completed disease management programs .	6		N/A	Program completion is measured annually.
15	Number of visits to Mobile Health Center .	None	895	N/A	The Mobile Health Center launched on February 14, 2012. Total visits in 2012: 1,821.
16	Number of preventive service visits to Mobile Health Center for biometric screenings in FY12.				
	Number of biometric screenings conducted in the Mobile Health Center in FY12. Increase by 5% per year.				
16a	Number of blood pressure screenings conducted in Mobile Health Center.	None	824	N/A	
16b	Number of BMI screenings conducted in Mobile Health Center .	None	775	N/A	

	Objective	FY13 Target	FY13 July - Dec 2012	Proportion of FY13 Target Achieved	Comments
16c	Number of blood lipid screenings conducted in Mobile Health Center .	None	30	N/A	
16d	Number of blood glucose screenings conducted in Mobile Health Center .	None	0	N/A	
16e	Number of A1C screenings conducted in Mobile Health Center.	None	38	N/A	One employee's comment about the new Mobile Health Center, "I found out I have diabetes, thank goodness the doctor asked me to do the blood work and caught it early."
17	Number of preventive service visits to Mobile Health Center for chronic disease management in FY12.				
	Number of diabetes education visits in Mobile Health Center . Increase by 5% per year.	None	3 (estimate)	N/A	Mobile Health Center staff will research the proper code for diabetes education visits and begin coding in 2013.
18	Number of BetterHealth awareness programs produced and broadcast on GOV TV .	6	1	17%	
19	Number of sustainable worksite <u>projects</u> designed to create a healthy worksite culture.	2	1	50%	Guidelines for Healthy Food in Offices Approval was granted by Fruits & VeggiesMore Matters® brand to include their logo and key messages in Guidelines materials. The national initiative is managed by Produce for Better Health Foundation in partnership with Centers for Disease Control and Prevention.

	Objective	FY13 Target	FY13 July - Dec 2012	Proportion of FY13 Target Achieved	Comments
20	Number of <u>meetings</u> with senior leaders and department directors to obtain support and engagement.	2	8	400%	
21	Number of Benefits Advisory Committee meetings attended.	4	N/A	N/A	Committee is not yet established.
22	Number of Employee Wellness Committee meetings held to integrate and coordinate efforts.	12	5	42%	
23	Number of Project Team <u>meetings</u> held with local office champions.	4	8	200%	An additional 17 Project Team meetings were held with planners only.
24	Number of HR Coordinator <u>meetings</u> which included distribution of wellness resources.	5	4	80%	
25	Number of Public Service University <u>trainings</u> which included distribution of wellness resources.	2	1	50%	 2012 Pre Management Development Program 21 City employees 15 screened for blood pressure, BMI, body fat, and waist 8 screened for full lipid profile
26	Number of annual and biannual progress <u>reports</u> prepared.	2	1	50%	
27	Develop evaluation <u>plan</u> in FY14 to standardize reporting and process and outcome evaluation procedures.	None	О	N/A	

Opportunistic Activities during the 6-month Reporting Period

- BetterHealth Program received Subway *Fit at Work* \$1,000 grant. The grant will be applied to *Step It Up Albuquerque*, Mayor Berry's new employee and community initiative to increase physical activity in 2013.
- BetterHealth Program distributed *EmbodyHealth* newsletters and brochures to 16 Government Entities for wide distribution. The *EmbodyHealth* newsletter is produced by Mayo Clinic.
- Additional health screenings were conducted at the annual health fair: 60 for oral health, 130 for vision, and 105 for hearing.

Appendix A – Wellness Committee

Name	Organization
Karen Baca-Moya	Albuquerque Bernalillo County Water Utility Authority
Erica Jaramillo	Albuquerque Bernalillo County Water Utility Authority
Andrew Garrison	Bernalillo County
Alton Adams	City of Albuquerque, Risk Management Division, Safety Program
Julia Bain	City of Albuquerque, Risk Management Division, Employee Assistance Program
Peter Ennen	City of Albuquerque, Risk Management Division
Lisa McNichol Gatan	City of Albuquerque, BetterHealth Worksite Program
Dave Pulliam	City of Albuquerque , Risk Management Division, Employee Health Services
Mark Saiz	City of Albuquerque , Insurance and Benefits Division
Jim Schnaible	City of Albuquerque, Public Service University
Lucy Baca	City of Belen
Marianna Sandoval	Davis Vision Plan
Jesús Galván	Delta Dental of New Mexico
Marisa Valdez	Delta Dental of New Mexico
Rich Bolstad	Delta Dental of New Mexico
Annabelle Silvas	Los Ranchos de Albuquerque
Lonnie Ben-Furr	Middle Rio Grande Conservancy District
Mary D'Ornellas	Middle Rio Grande Conservancy District
Ron McPhee	Nuvita
José Maresma	Nuvita
Fran Sutherlin	Nuvita
Paul Chavez	Nuvita
Maureen Kasten	Presbyterian Health Plan
Julie Maez	Presbyterian Healthy Advantage
Joni Pompeo	Presbyterian Healthy Advantage
Jane Bergquist	Presbyterian Healthy Solutions
Suzanne Murphy	Presbyterian Healthy Solutions

Name	Organization
Patricia McClure	Presbyterian Healthy Solutions
Patricia Miller	Sandoval County
Catherine Conran	Southern Sandoval County Arroyo Flood Control Authority
Liz Chavez	The Solutions Group
Jillian Gonzales	The Solutions Group
Sharon Griffin	The Solutions Group
Yolanda Smith-Mora	Town of Bernalillo
Jeri Chenelle	Town of Cochiti Lake
Estephanie Muller	Town of Edgewood
Kathy Anglin	Town of Mountainair
Joan Punt	United Concordia Dental
Debra Kelly	Village of Bosque Farms
Allyson Smith	Village of Corrales
Vandora Casados	Village of Cuba
Christina Lucero	Village of San Ysidro
Diane Klaus	Village of Tijeras